



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09085, Currants, zante, dried

Report Date: June 30, 2017 04:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g
Proximates					
Water	g	19.21	26	0.536	27.66
Energy	kcal	283	--	--	408
Energy	kJ	1184	--	--	1705
Protein	g	4.08	26	0.135	5.88
Total lipid (fat)	g	0.27	26	0.039	0.39
Ash	g	2.36	26	0.079	3.40
Carbohydrate, by difference	g	74.08	--	--	106.68
Fiber, total dietary	g	6.8	--	--	9.8
Sugars, total	g	67.28	--	--	96.88
Minerals					
Calcium, Ca	mg	86	26	2.782	124
Iron, Fe	mg	3.26	37	0.157	4.69
Magnesium, Mg	mg	41	26	0.841	59
Phosphorus, P	mg	125	26	3.978	180
Potassium, K	mg	892	26	28.091	1284
Sodium, Na	mg	8	26	0.507	12
Zinc, Zn	mg	0.66	26	0.082	0.95
Copper, Cu	mg	0.468	26	0.023	0.674
Manganese, Mn	mg	0.469	1	--	0.675
Selenium, Se	µg	0.7	--	--	1.0
Vitamins					
Vitamin C, total ascorbic acid	mg	4.7	36	0.494	6.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g
Thiamin	mg	0.160	25	0.006	0.230
Riboflavin	mg	0.142	25	0.015	0.204
Niacin	mg	1.615	25	0.135	2.326
Pantothenic acid	mg	0.045	--	--	0.065
Vitamin B-6	mg	0.296	--	--	0.426
Folate, total	µg	10	4	0.045	14
Folic acid	µg	0	--	--	0
Folate, food	µg	10	4	0.045	14
Folate, DFE	µg	10	--	--	14
Choline, total	mg	10.6	--	--	15.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	4	--	--	6
Retinol	µg	0	--	--	0
Carotene, beta	µg	43	--	--	62
Carotene, alpha	µg	1	--	--	1
Cryptoxanthin, beta	µg	1	--	--	1
Vitamin A, IU	IU	73	23	5.649	105
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.16
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	3.3	--	--	4.8
Lipids					
Fatty acids, total saturated	g	0.028	--	--	0.040
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g
16:0	g	0.019	--	--	0.027
18:0	g	0.009	--	--	0.013
Fatty acids, total monounsaturated	g	0.047	--	--	0.068
16:1 undifferentiated	g	0.002	--	--	0.003
18:1 undifferentiated	g	0.045	--	--	0.065
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.180	--	--	0.259
18:2 undifferentiated	g	0.180	--	--	0.259
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0